

**Statistics Report 36021, APPLEBEE'S, coleslaw**
**Report Date: July 04, 2017 17:02 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	78.15	6	1.584	74.4	85.06	5.0	74.075	82.218	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	120	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	501	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein <a href="#">1</a>	g	0.79	6	0.092	0.47	1	5.0	0.558	1.032	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) <a href="#">1</a>	g	7.09	6	0.417	5.49	8.09	5.0	6.021	8.163	1	Analytical or derived from analytical	--	03/2013
Ash <a href="#">1</a>	g	0.79	6	0.044	0.7	0.97	5.0	0.681	0.905	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	13.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary <a href="#">1</a>	g	2.8	3	0.294	2.2	3.3	2.0	1.516	4.043	1	Analytical or derived from analytical	--	03/2013
Sugars, total <a href="#">1</a>	g	9.33	2	--	7.92	10.74	1.0	--	--	1	Analytical or derived from analytical	--	03/2013

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Sucrose <a href="#">1</a>	g	4.56	2	--	2.51	6.72	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) <a href="#">1</a>	g	2.53	3	0.220	2.13	2.85	2.0	1.615	3.512	1	Analytical or derived from analytical	--	03/2013
Fructose <a href="#">1</a>	g	2.24	3	0.235	1.89	2.7	2.0	1.258	3.282	1	Analytical or derived from analytical	--	03/2013
Lactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Galactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	36	6	1.049	34	40	5.0	33.671	39.062	1	Analytical or derived from analytical	--	03/2013
Iron, Fe <a href="#">1</a>	mg	0.26	6	0.020	0.2	0.35	5.0	0.208	0.311	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg <a href="#">1</a>	mg	10	6	0.405	9	11	5.0	9.171	11.255	1	Analytical or derived from analytical	--	03/2013
Phosphorus, P <a href="#">1</a>	mg	23	6	0.706	21	26	5.0	21.469	25.098	1	Analytical or derived from analytical	--	03/2013

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Potassium, K <a href="#">1</a>	mg	156	6	5.258	142	168	5.0	142.818	169.849	1	Analytical or derived from analytical	--	03/2013
Sodium, Na <a href="#">1</a>	mg	178	6	18.859	102	231	5.0	129.521	226.479	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn <a href="#">1</a>	mg	0.19	6	0.011	0.17	0.24	5.0	0.165	0.223	1	Analytical or derived from analytical	--	03/2013
Copper, Cu <a href="#">1</a>	mg	0.017	6	0.002	0.01	0.03	5.0	0.012	0.022	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn <a href="#">1</a>	mg	0.148	6	0.016	0.09	0.19	5.0	0.106	0.19	1	Analytical or derived from analytical	--	03/2013
Selenium, Se <a href="#">1</a>	µg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	13.7	3	1.305	11.1	15.2	2.0	8.085	19.315	1	Analytical or derived from analytical	--	03/2013
Thiamin <a href="#">1</a>	mg	0.030	3	0.000	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	03/2013
Riboflavin <a href="#">1</a>	mg	0.063	3	0.003	0.06	0.07	2.0	0.05	0.077	1	Analytical or derived from analytical	--	03/2013
Niacin <a href="#">1</a>	mg	0.300	3	0.006	0.29	0.31	2.0	0.275	0.325	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.205	2	--	0.2	0.21	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 <a href="#">1</a>	mg	0.129	3	0.019	0.09	0.15	2.0	0.047	0.211	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	77	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol <a href="#">1</a>	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, beta <a href="#">1</a>	µg	685	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, alpha <a href="#">1</a>	µg	425	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta <a href="#">1</a>	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	1504	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lycopene <a href="#">1</a>	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lutein + zeaxanthin <a href="#">1</a>	µg	53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.50	3	0.025	0.45	0.53	2.0	0.389	0.607	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta <a href="#">1</a>	mg	0.07	3	0.015	0.05	0.1	2.0	0.009	0.137	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma <a href="#">1</a>	mg	4.03	3	0.763	2.66	5.3	2.0	0.749	7.313	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta <a href="#">1</a>	mg	1.37	3	0.304	1	1.97	2.0	0.063	2.679	1	Analytical or derived from analytical	--	03/2013
Vitamin K (phylloquinone) <a href="#">1</a>	µg	65.1	3	3.041	61.3	71.1	2.0	51.997	78.169	1	Analytical or derived from analytical	--	03/2013
<b>Lipids</b>													
Fatty acids, total saturated	g	1.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
6:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
8:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
10:0 <a href="#">1</a>	g	0.005	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2013

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12:0 <a href="#">1</a>	g	0.004	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
14:0 <a href="#">1</a>	g	0.011	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
15:0 <a href="#">1</a>	g	0.003	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
16:0 <a href="#">1</a>	g	0.689	2	--	0.6	0.78	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
17:0 <a href="#">1</a>	g	0.007	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
18:0 <a href="#">1</a>	g	0.285	2	--	0.25	0.32	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
20:0 <a href="#">1</a>	g	0.023	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
22:0 <a href="#">1</a>	g	0.025	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
24:0 <a href="#">1</a>	g	0.009	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total monounsaturated	g	1.404	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
15:1 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 undifferentiated <a href="#">1</a>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
16:1 c <a href="#">1</a>	g	0.009	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 t <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
17:1 <a href="#">1</a>	g	0.004	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated <a href="#">1</a>	g	1.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
18:1 c <a href="#">1</a>	g	1.335	2	--	1.16	1.51	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
18:1 t <a href="#">1</a>	g	0.005	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
20:1 <a href="#">1</a>	g	0.042	2	--	0.04	0.04	1.0	--	--	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated <a href="#">1</a>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
22:1 c <a href="#">1</a>	g	0.009	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
22:1 t <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
24:1 c <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	3.819	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated <a href="#">1</a>	g	3.327	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c <a href="#">1</a>	g	3.291	2	--	2.84	3.75	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs <a href="#">1</a>	g	0.004	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined <a href="#">1</a>	g	0.032	2	--	0.03	0.04	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
18:3 undifferentiated <a href="#">1</a>	g	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.458	2	--	0.37	0.54	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c <a href="#">1</a>	g	0.026	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
18:3i <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:4 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c <a href="#">1</a>	g	0.004	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
20:3 n-6 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated <a href="#">1</a>	g	0.004	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:4 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total trans	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol <a href="#">1</a>	mg	2	3	0.662	1	3	2.0	-0.87	4.829	1	Analytical or derived from analytical	--	03/2013
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a>	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine <a href="#">1</a>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine <a href="#">1</a>	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine <a href="#">1</a>	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine <a href="#">1</a>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Methionine <a href="#">1</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

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Cystine <a href="#">1</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine <a href="#">1</a>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine <a href="#">1</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine <a href="#">1</a>	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine <a href="#">1</a>	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine <a href="#">1</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine <a href="#">1</a>	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid <a href="#">1</a>	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid <a href="#">1</a>	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glycine <a href="#">1</a>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline <a href="#">1</a>	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine <a href="#">1</a>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD